

Club Connections

April 2025

Club Hours: Monday-Friday 8:00-4:30
Located on the fourth floor in the Human Service Center building
316 2nd Ave. West, Williston
Social Activities daily and coffee available

Join us for our
Framing Craft on
Monday April
14th at 1pm



Guest Speaker
with Vocational
Rehabilitation on
April 16th at 1pm



National Stress Awareness Month

National Stress Awareness Month is observed in April to raise awareness of the harmful effects that stress can have. One of the most crucial aspects of leading a healthy lifestyle is stress management. Understanding stress management techniques can reduce the escalation of health-related problems and enhance both physical and emotional wellness.

Stress-related problems can manifest in a variety of ways. These manifest differently for everyone, which can include headaches, gastrointestinal disorders, anxiety and depression, stroke, and heart disease.

Here are some strategies for managing stress:

- Taking care of oneself. Eating well, exercising frequently, getting enough sleep, and taking time off for yourself when you're feeling anxious.
- Talk about your issues. Speak with a parent, friend, or other reliable person.
- Steer clear of alcohol and drugs. Individuals who experience stress are more likely to relapse or abuse drugs or alcohol.
- Know when you need more assistance. Speak with a psychologist, social worker, or counselor; they can help.

(www.hr.nih.gov; www.cms.illinois.gov)

Community Connections



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 Home & Garden Show @ Raymond Ctr. 2-7 pm	5 Home & Garden Show @ Raymond Ctr. 9am-5pm
6	7	8	9	10	11	12 Easter Egg Hunt @ L&C State Park 10 am
13	14	15	16	17	18	19
20	21	22	23	24 Ent. Inc! presents Legally Blonde @ Old Armory 7 pm	25 Ent. Inc! presents Legally Blonde @ Old Armory 7 pm	26 Ent. Inc! presents Legally Blonde @ Old Armory 7 pm
27 Ent. Inc! presents Legally Blonde @ Old Armory 2 pm	28 Ent. Inc! presents Legally Blonde @ Old Armory 7 pm	29 Ent. Inc! presents Legally Blonde @ Old Armory 7 pm	30 Ent. Inc! presents Legally Blonde @ Old Armory 7 pm			

Healthy 5-Ingredient Granola Bars

This is a healthy, no bake granola bar with a sweet and crunchy texture. The ingredients complement each other perfectly in this tasty portable, breakfast or snack.

Ingredients:

- 1 cup of raisins
- ¼ cup honey or maple syrup
- ¼ cup peanut butter
- 1 cup roasted almonds (chopped)
- 1 ½ cup rolled oats

Directions:

Place oats, almonds and raisins in large mixing bowl and place aside (optional: toast your oats in the oven at 350 degrees for 10-15 minutes or until golden brown). Warm the honey and peanut butter in a small saucepan over low heat and then stir and pour over the oat mixture. Transfer to an 8 x 8 dish lined with parchment paper. Press down firmly until flat. Cover with parchment paper and let firm up in fridge for 15-20 minutes. Remove the bars and chop into 10 even bars. Enjoy this tasty and healthy treat! Tip: chocolate chips, dried fruit, nuts, banana chips and vanilla, etc. are some great optional additions.

(www.minimalistbaker.com)



April Fun Facts

- The name of the month of April comes from the Latin word "aperio," which means to open because plants begin to bloom.
- April 1st is Sweet Potato Day and April 17th is Blah, Blah, Blah Day
- Noah Webster copyrighted his first edition of his Dictionary in April 1828.
- April's birthstone is the diamond, which represents innocence. The birth flower of April is daisies and sweet peas.
- Ford unveiled their first Mustang on April 17th, 1964, costing \$2,368.
- April is considered the funniest month.

**Why do eggs like April
Fools' Day?**



They love practical yolks.

**"April showers bring
May flowers, but they
also bring renewal
and growth."**

— Mandy Harrison



Riddles with answers 1

Answer the riddles then match them with the pictures

1 - I run all around a field but never move.
What am I?



2 - I have many keys but no locks. I have space but no room. What am I?



3 - Where can you always find money when you want to?



4 - What never asks questions but is usually answered?



5 - What sounds like a parrot and is orange?

6 - What flies when its born, sits when its alive, and runs when its dead?



7 - What has an eye but cannot see at all?



8 - How do you spell mousetrap by only using 3 letters?

9 - What has a neck but no head?



10- Where can you find cities, shops, and streets but no people?

11- What goes up and down without moving?



12- What room can nobody ever go inside?

